



# **From Service to Civilian ~ The Transition ~**

**927<sup>th</sup> Air Refueling Wing  
Family Support Office  
586-307-5092**

**E-mail:  
[family.support@selfridge.af.mil](mailto:family.support@selfridge.af.mil)**

# Demobilization

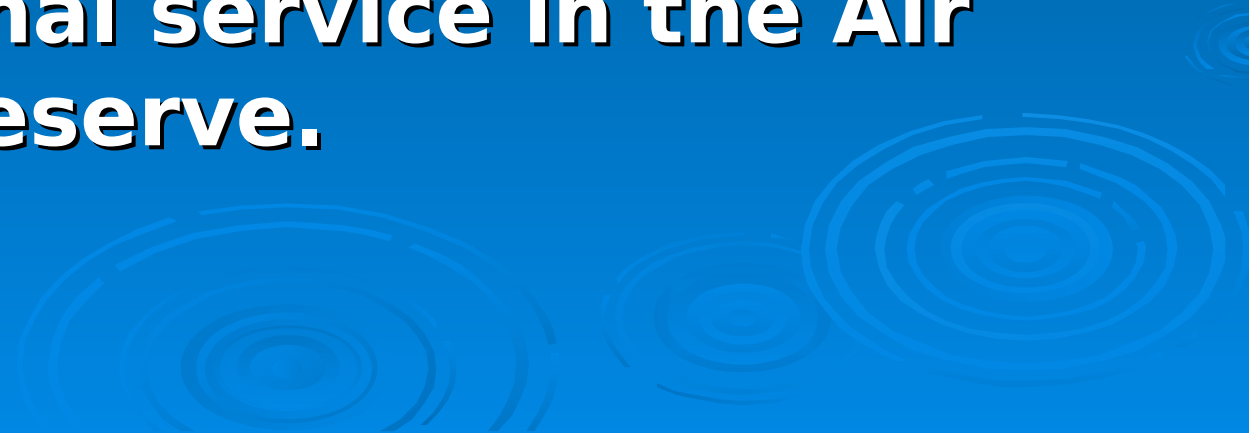


# Why This Briefing?

- **The Family Support Office wants to make you aware of the services available to you as you demobilize. We also want to link you to appropriate services in the military and civilian community if you need assistance transitioning back to civilian and traditional reservist status.**

# **Our Goal**

**Our goal is to assist you and your family by allowing you to find courage, happiness, fulfillment, and value during your transition from full time service to your civilian employment and to traditional service in the Air Force Reserve.**

The background of the slide is a solid blue color. In the bottom right corner, there are several faint, concentric circles that resemble ripples in water, adding a decorative element to the design.

# **Family Support Role in Demobilization**

- **Assist your commander in all related family matters**
- **Provide you and your family information and referral about dealing with:**
  - **Post activation finances**
  - **Return and reunion issues**
  - **Employment issues**
  - **Other areas where you may require assistance**

# **Personal Financial Management**

- **Any major life change has the potential to impact your finances.**
- **Family Support can assist with..**
  - **Giving you tools to assess your financial situation.**
  - **Meeting with you for one-on-one financial assessment.**
  - **Referring you to on or off-base agencies that fit your situation.**

# **Air Force Aid Society**

- **Will, as an exception to policy, review all requests for financial assistance to reservists on a case-by-case basis for 90 days following demobilization.**
- **If you live a distance from Selfridge, you may seek assistance from any DoD installation family support office or from your local American Red Cross.**

# What does AFAS do?

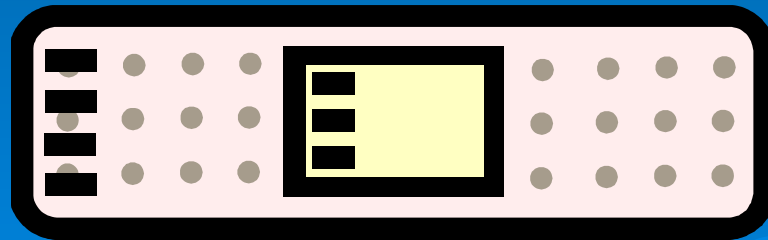
- **Provides no-interest loans to military members for emergency situations for items such as:**
  - **Housing (rent, mortgage, utilities)**
  - **Essential transportation (repairs)**
  - **Medical costs not covered by insurance**

[\*\*www.afas.org\*\*](http://www.afas.org)



# Know Your Benefits!

- **VA Entitlements & Benefits**
- **Soldier's and Sailor's Civil Relief Act (SSCRA)**
- **Uniformed Services Employment & Re-Employment Rights Act (USERRA)**
- **TRICARE**



# State of Change

- **Today's world events have forced us all to change . . . and change is a continual process.**
- **You are already a “champion of change” and now is the time to readjust by...**
  - **Understanding how the dynamics of change can help you in building your resilience.**
  - **Realize that the only control you have is your RESPONSE to change.**

# The Big Picture

**There are numerous costs to the tragic events of September 11<sup>th</sup> and our nation's involvement in Operation Iraqi Freedom. For many directly impacted, this has been a life and death situation. On September 11<sup>th</sup> there were over 6000 lives lost and the ripple affect has changed society as we know it. We know that it will take at least the amount of time you were mobilized to readjust to life before mobilization. It is anticipated that it will take 3-5 years for full economic recovery post 9-11. The world will never be the same.**

# Revising Your Life and Career Plan

- **Review**
- **Reconnect**
- **Redirect**
- **Rethink**
- **Revive**
- **Regroup**



# Review

- **Reflect on the positive things that have happened to you and your Air Force career during the time of your mobilization.**
- **Did you enjoy some successes?**
- **Did you feel like you made a difference?**
- **What were the benefits of your mobilization?**
- **What were the benefits to your family of your mobilization?**

# Reconnect

- **This is a good time to reconnect with friends and family as your life stabilizes.**
- **Flip through your address book and e-mail listings, and renew your connections, both personal and professional.**
- **Plan a special activity with your family and friends to celebrate the end of your mobilization.**

# Redirect

- If things have significantly changed, you have nothing to lose by reinventing yourself, your career plans, yourself as a person, and your civilian career.
- Treat yourself to something that will make you look and feel like your “old” self or the “new” self you would like to be.
- Take a class, attend a conference, make new connections.
- Focus on what is important: friends, family, quality of life.

# Rethink

- **If things didn't go well during your mobilization, personally or professionally, now may be the time to make a dramatic change.**
- **Have a mid-life crisis!**
- **Check out alternatives.**
- **What have you always wanted to do but thought you couldn't or shouldn't . . . ?**



# Revive

- **It is easy to put your work and life challenges ahead of your personal health.**
- **If you are feeling exhausted, your body is telling you to slow down.**
- **Regain enthusiasm . . .**
  - **Take a weekend trip**
  - **Shop for new clothes**
  - **Get a new haircut**
  - **Get a massage**
  - **Go dancing**
  - **Take a yoga class**
  - **Plan a 2<sup>nd</sup> honeymoon**

# Regroup

- **Review the notes you may have taken.**
- **Figure out what you can or cannot do before the end of the year.**
- **Doing nothing is not a good option . . . keep going forward and move in a new direction if that is best for you.**

This information is based on an article written by Jane Applegate titled "Take Time to Revise Your Life and Business Plans" released on 10/30/01

# Change of Goals

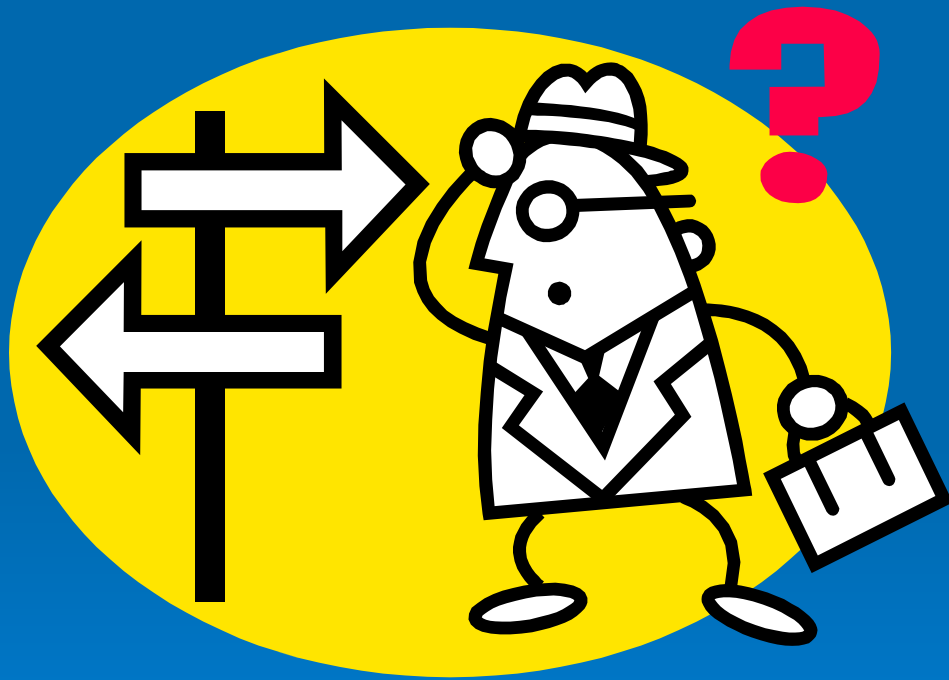
- **During your transition you will need to set realistic, reasonable, challenging, and attainable goals for your life after your mobilization.**
- **Some of your pre-mobilization goals now need to be shifted to reflect today's reality.**
- **This is the time to review and, perhaps, modify the goals you set for:**
  - **Long-term**
  - **Intermediate-term**
  - **Short-term**

# Plan of Action

- **Once you have updated your goals, you can focus on creating a new plan of action.**
  - **This is your means to achieve the goals you set.**
  - **Keep it flexible and realize that these are “living goals” which will need further revision as life events occur and your needs change.**
  - **Linkage between goals can occur as different parts tie together.**



# Your Individual Transition Plan



- Now is a good time to write down your transition plan if you have not done so previously.
- Focus on a flexible timeline but not so flexible that you never achieve your goals.
- Reconsider your life and career objectives based on current and future realities.

# Timetables

- **For the last year, you have not been in control of the timetable, and you may not be now.**
- **You can, however, choose to be responsible for each phase and your reaction to it.**
- **Start with recalculating the beginning, middle, and end of your current life and career situation as well as best case and worst case scenarios.**
- **Become an expert on the benefits being offered to you.**
- **Develop relationships that allow you to get accurate information quickly.**

# Your Costs

- **As a military member, you and your family have been directly impacted by the events of September 11<sup>th</sup> and Operation Iraqi Freedom .**
- **Due to your choice of a military career, you have had to face issues involving:**
  - **Meeting your personal and family *financial* goals while mobilized.**
  - **Balancing work and *family* issues.**
  - **Perhaps modifying your *career* plans for after the military.**

# Your Feelings

- Many people have been profoundly impacted by the war. Since many of us saw the actions on live television, we are experiencing the traditional stages of grief for those killed, for our nation as well as for our own personal losses.
- You have a right to grieve over your loss of personal and professional aspirations as a result of your activation.
- Grief is normal but keep in mind that each day you successfully navigate will create a more normal life situation.



# Coping

- **Realize that family and friends are important to you during this time and they may be dealing with stress themselves.**
- **Honesty: Be honest with yourself and others.**
- **Empathy: Understand that others are also suffering. Ask questions to deepen your understanding of their situation.**
- **Acceptance: Acknowledge without criticizing. Listen without giving advice.**
- **Respect: Show respect for individual coping styles.**

# Coping continued . . .

- **Trust:** Have confidence in the healing process and its timetable.
- **Giving of Yourself:** Look around you and see where you can help others. This is not only appreciated, but helps you in shifting your focus from negative to positive.
- **Treat Yourself Kindly:** Pay attention to your health and your body's physical needs. Make an effort to eat healthy foods and keep to an exercise schedule.

# Financial Impact

- **Review your current individual transition plan for financial impact.**
  - **What items have costs involved?**
  - **Are they direct or indirect?**
  - **What can you do now to save yourself and your family financial hardship?**
  - **Modify your spending habits to reflect the new reality.**
  - **Continue with spending that was planned as long as it does not limit future choices.**

# Legal Considerations

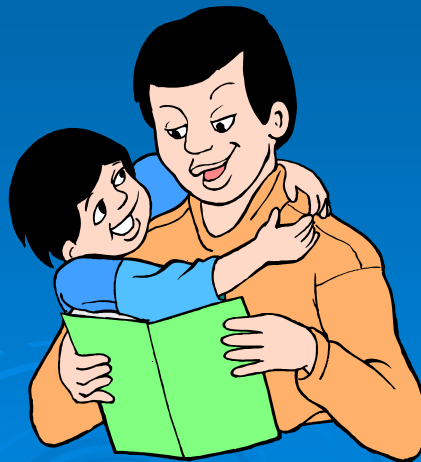
- **Review your legal commitments with a lawyer to see what needs to be modified based on your demobilization.**
- **Update Wills and Powers of Attorney.**
- **If you took advantage of the Soldier's and Sailor's Civil Relief Act (SSCRA), update your status with creditors.**

# Family Issues

- **Family communication is vital during times of career change and significant life events.**
- **Your transition has as great an impact on spouses and children, and perhaps other family members, as it does on you .**
- **Your family may fear future mobilizations and deployments. Recognize this and take time to discuss this as a family.**
- **Extended family and children not familiar with the military may not understand details of your transition, to include acronyms. Try to explain things to them in simple terms and without acronyms.**

# Family Issues . . .

- **Limit family separation. This is a time when you are under greater stress and need the reassurance of family. They may also need your reassurance.**
- **Make family stability the goal.**



# Career Planning

- **Review your career and life objectives.**
- **Focus on, and take advantage of, new avenues for professional growth.**
- **Broaden your personal and career network.**
- **Advance your military career options.**
- **Seize opportunities that come from the change in focus, both within the military and in your civilian profession.**
- **Update your resume with all your new skills!**

# **The Economy & Returning to Work**

- **The economy is struggling, and has taken some hard blows. Some companies and industries are in recovery, and some may not recover.**
- **Keep abreast of changes and track industries that hold potential jobs for your future.**
- **Realize that returning to your civilian job may not be easy. Expect changes and possibly some adverse reactions from bosses and coworkers. They may also need to readjust to having you back.**
- **Give your job, coworkers and organization time to stabilize.**



# **If You Were Unemployed**

- **Use the benefits of your military service to start a job search.**
  - **Dust off your job search and see if your goals prior to mobilization fit your life now.**
  - **Rewrite your resume to include new skills.**
  - **Consider new job and career options.**
  - **Keep financially stable by using available state and federal employment and social services programs designed to get you on your feet.**

# Who Can Help: On-Base

- 927<sup>th</sup> Family Support .....586-307-5092
- Wing Career Advisor.....586-307-6927
- Chaplain.....586-307-2810/08
- Legal Office.....586-307-5091
- Military Pay.....586-307-2461/63
- MPF.....586-307-4162/4174
- Civilian Personnel.....586-307-4305/4791

# More Information . . .

- **Air Force Crossroads**  
**[www.afcrossroads.com](http://www.afcrossroads.com)**
- **VA Information for Employees  
Called to Active Duty**  
**[www.va.gov/ohrm/reservist/](http://www.va.gov/ohrm/reservist/)**
- **Veterans Administration:**  
**[www.va.gov](http://www.va.gov)**

# Toll Free Numbers for VA

- VA Benefits: 1-800-827-1000
- Education
- Home Loan Guaranty
- Disability Compensation
- Disability Pension
- Dependency Indemnity Compensation
- Death Pension
- Vocational Rehabilitation and Employment
- Civilian Health and Medical Program of the Department of Veterans Affairs (CHAMPVA)
- Life Insurance: 1-800-669-8477
- Education (GI Bill): 1-888-442-4551
- Health Care Benefits: 1-877-222-8387
- Income Verification and Means Testing: 1-800-929-8387
- Mammography Helpline: 1-888-492-7844
- Gulf War/Agent Orange Helpline: 1-800-749-8387
- Status of Headstones and Markers: 1-800-697-6947
- Telecommunications Device for the Deaf (TDD): 1-800-829-4833
- For health care services, contact your nearest **VA medical facility**.

# More Information . . .

- Reserve Component Health Care  
800-242-6788  
[www.tricare.osd.mil/reserve/](http://www.tricare.osd.mil/reserve/)
- Military Medical Support Office  
[mmso.med.navy.mil/](http://mmso.med.navy.mil/)
- DefenseLink:  
[www.defenselink.mil/ra/](http://www.defenselink.mil/ra/)
- Employer Support to Guard and Reserve (ESGR) 800-336-4590  
[www.esgr.org](http://www.esgr.org)

# **In Closing**

**Recovering and Continuing to  
Serve**

The background of the slide is a solid blue color. In the bottom right corner, there are several faint, concentric circles that resemble ripples in water, adding a decorative element to the design.

# In Closing

- **With solid planning, communication and resource selection, you can minimize the negative effects of this change.**
- **You may not be able to escape the real discomforts posed.**
- **Free yourself to act effectively in dealing with the military's new challenges. Turn those challenges into strengths for your life and possible future career change.**

# Guidance

- **Memorandum to All AFRC NAF/Wing Commanders, 2 May 2003 from AFRC/CV, Subj: Homecoming/Transition**
- **DODI 1342.23, Family Readiness in the National Guard and Reserve Components**
- **AFI 36-3009, Family Support Center Program**
- **AFRCI 36-3001, Family Readiness**
- **AFRCI 36-3003, Family Readiness Deployment**